

Shang Han Lun: Modern Applications, Part III

Huabing Wen L.Ac., MD(China)

310 360-7556

Wenacupuncture.com

6-22-2022

- **Class 1:** Shao Yang Syndrome and Shen Issues- Xiao Chai Hu Tang
- - Chai Hu Jia Long Gu Mu Li Tang
- - Gan Mai Da Zao Tang
- - Tao He Cheng Qi Tang

- **Class 2:** Women's Health and Shen Issues
- - Gui Zhi Jia Long Gu Mu Li Tang
- -Gui Zhi Fu Ling Wan
- - Dang Gui Shao Yao San
- - Wen Jing Tang

TCM and Conventional Medicine (CM)

TCM

- TCM theory, Principles, herbal Formula, Herbs and other approaches (acupuncture, Qi Gong, Dietary recommendation)
- Pattern ID oriented approach (Zheng 证)

Conventional Medicine (CM)

- Causes, pathogen, pathology, tests, diagnosis, treatment
- Disease oriented (Bing 病)

Integrative Medicine (IM)

Integrative Medicine (IM)

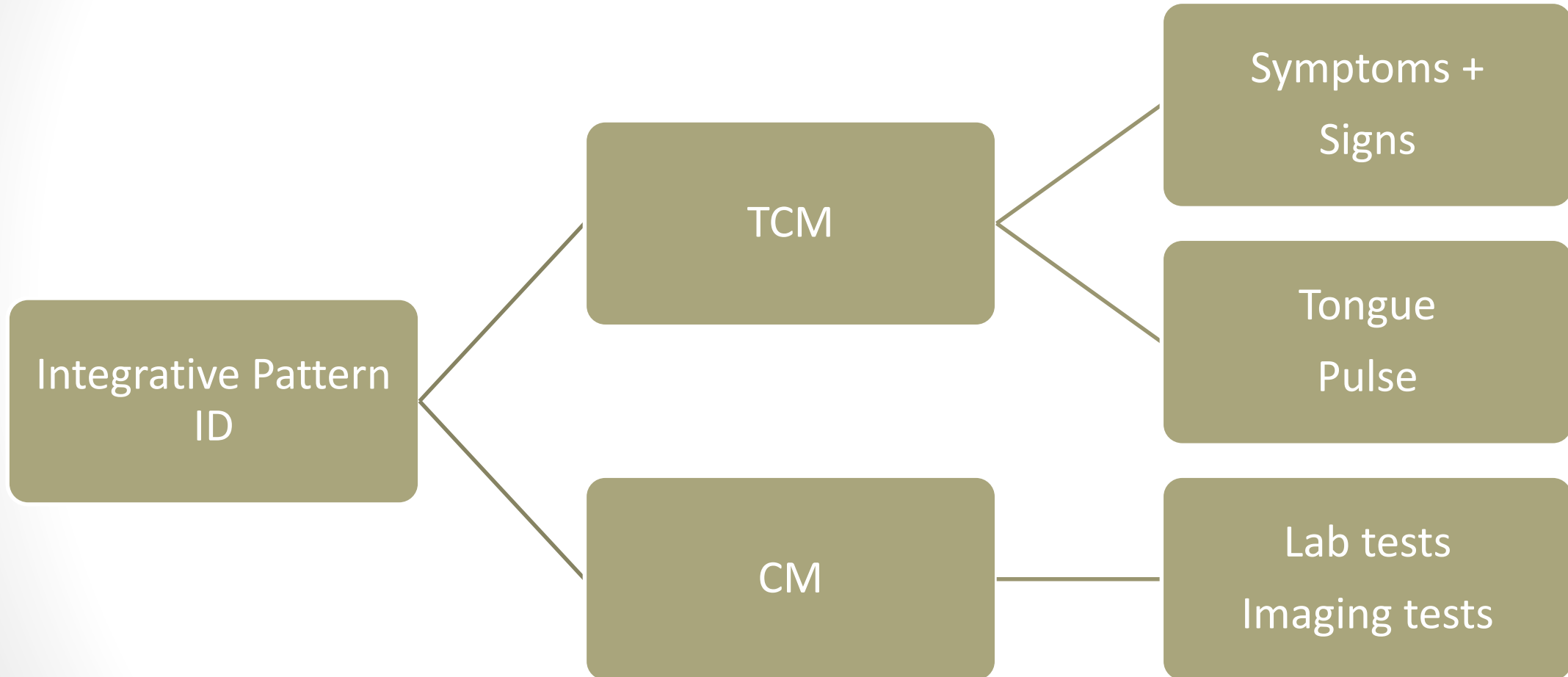
- TCM

- Holistic point of view, individualized and personalized approach

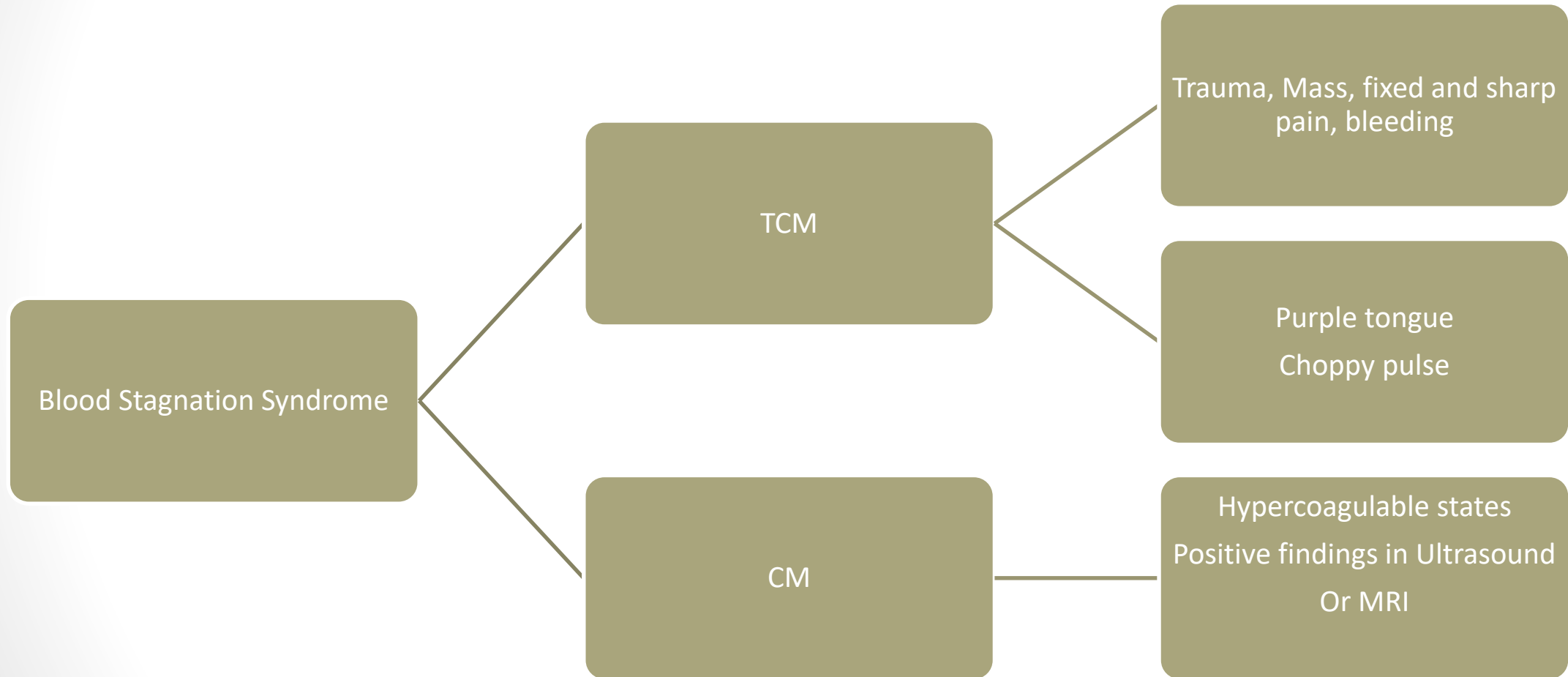
- Conventional Medicine (CM)

- Evidence based, measurable, and repeatable approach


Zheng (证) in IM



Blood Stagnation Syndrome (BSS, 血瘀证)



Changes of Liver Organ



Shape	<ul style="list-style-type: none">• Increase---Yin Excess• Decrease ---Yin Deficiency
Size	<ul style="list-style-type: none">• Increase---Excess or Qi Xu• Decrease ---Deficiency or Xue Xu
Density or Texture	<ul style="list-style-type: none">• Increase ---Blood Stagnation• Decrease ---Essence Xu

MRI Cholangiopancreatography (MRCP)

IMPRESSION:

- Transplant liver with chronic thrombosis of the main portal vein and associated cavernous transformation.
- Sequelae of portal hypertension including splenomegaly and varices.
- Mean liver stiffness of 2.2 kPa, within normal limits
- Hepatic fat fraction of 2%, within normal limits
- Estimated liver iron concentration of 0.3 mg Fe/g liver dry weight, within normal limits

MRI Cholangiopancreatography (MRCP)

- Interpretation of mean liver stiffness:
 - <2.5 kPa = Normal
 - 2.5 to 3.0 kPa = Normal or inflammation
- TCM: Liver Qi stagnation

- Increased liver stiffness, in the appropriate clinical setting, is compatible with liver fibrosis as below:
 - 3.0 to 3.5 kPa = Stage 1-2 fibrosis
 - 3.5 to 4.0 kPa = Stage 2-3 fibrosis
 - 4.0 to 5.0 kPa = Stage 3-4 fibrosis
 - >5.0 kPa = Stage 4 fibrosis or cirrhosis
- TCM: Liver collateral blood stagnation
 - “Luo Bing”

MRI Cholangiopancreatography (MRCP)

- Interpretation of Liver Fat Quantification:
 - <6% = Normal
 - 6-17% = Mild
 - 17-22% = Moderate
 - >22% = Severe
- TCM: Liver phlegm or turbid phlegm
 - High cholesterol
 - Fatty liver disease

MRI Cholangiopancreatography (MRCP)

- Interpretation of Liver Iron Quantification:
- LIC range Severity
 - <1.8 Normal
 - 1.8-3.2 Mild Iron Load
 - 3.2-7.0 Moderate Iron Load
 - 7.0-15.0 Severe Iron Load
 - >15 Extreme Iron Load
- TCM: level of Liver blood stagnation
 - “Xue Shi” blood excess

Advantages of Integrative Medicine

- Innovative and inclusive understanding of complex diseases from a multidimensional view
- Combined TCM pattern ID and Conventional Medicine(CM) staging system
 - Pattern ID + Disease ID (辨证和辨病)
- TCM perspective
 - No symptoms and signs are significant enough to differentiate the pattern (无证可辨)
- Use abnormal blood tests and imaging results
 - Covid-19 PCR+, or Ig M and Ig G + ---external toxin invasion
 - Decreased white blood cell--- Original Qi Xu
 - Decreased lymph cells ---Ying Qi Xu
- Asymptomatic cases

Integrative Medicine Diagnosis

Integrative medicine way of thinking according to pattern ID

- Based on changes of tissue and organ (shape, size, texture, density)
 - Nose, sinuses, eyes, ears, mouth of sensory organs
 - Lungs
 - Heart
- Based on functional changes of tissue and organ
 - Hyperactivity vs. Hypoactivity (Yin & Yang, Cold & Heat)
 - Decreased movement of GI (Qi Xu vs. Qi Stagnation)
 - Excessive membrane discharge (Damp, Congested fluid, Phlegm)

Integrative Medicine Treatment

- Inclusive treatment (Using both TCM and CM)
 - Increases benefit
 - Decreases side effects
- Comprehensive way of thinking when combining herbs and pharmaceuticals
 - Avoid overlapping treatment of both types of medicine
 - Avoid using detox herbs while on antibiotics
 - Caution with blood movers with use of blood thinners

Shang Han Lun



Fig. 2.7

The process of steaming dumplings may likewise be broken down into six component processes.



* Images from internet, copyright belongs to original sources.

Six Channel Differentiation System

Three Yang Bing

Mainly Fu Organ Bing

Strong righteous qi with excess evil qi

1. Tai Yang Bing

Early stage

Superficial level (UB)

Exterior evil qi attack, ying and wei disharmony

Promoting sweat

Six Channel Differentiation System

2. Yang Ming Bing

Middle stage

Interior level (St, SI,LI)

St and LI excess heat, Yang Ming transforming dryness

Clear and purging heat

3. Shao Yang Bing

Sub-acute stage

Half exterior half interior(GB, San Jiao)

GB qi stagnation, San Jiao disorder

Harmonizing approach

Six Channel Differentiation System

Three Yin Bing

Mainly Zang organ disorder

Deficient righteous qi with excess evil qi

4. Tai Yin Bing

Late stage(righteous qi xu)

Interior (SP)

Sp yang xu with cold and damp accumulation

Warm the middle, expel cold, strengthen spleen, dry dampness

Six Channel Differentiation System

5. Shao Yin Bing

Interior(Ht, Ki)

Ht and Ki yang xu

Rescue the devastated yang or nourish yin and clear heat

6. Jue Yin Bing

End stage of the cycle

Interior(Liver)

Cold and heat complex, xu and shi combined

Warming and cooling, tonifying and eliminating

Six channel differentiation vs. Zang Fu

Relationship of six channel differentiation and Zang Fu differentiation (六经辨证 vs 脏腑辨证)

Corresponding organ for each channel

Tai Yang Bing--- Lung, UB

Yang Ming Bing--- heat in St, SI, and LI

Shao Yang Bing--- stagnant fire in GB and San Jiao

Tai Yin Bing--- deficiency cold & damp with Sp yang xu

Shao Yin Bing --- Ht & Ki yang xu

Jue Yin Bing --- Liver

Six Channel vs. The Eight Principle

The Eight Principle

- “Yi Xue Xin Wu” ---- Qing dynasty by Chen Guo Zhang
- Yin-Yang, Cold-Heat, Xu-Shi, Biao-li

1. Yin and yang--- nature of the disease

- Yang zheng---three yang channel
- Yin zheng--- three yin channel

2. Biao and Li--- affected area

- Tai yang bing--- biao zheng
- Shao yang bing---ban biao ban li

Yang ming, three yin channel---li zheng

Six channel vs. The Eight principle

3. Cold and heat

- Tai yang bing---exterior cold zheng
- Shao yang bing, yang ming bing--- interior heat zheng
- Tai ying bing, shao yin bing, jue yin bing--- interior cold zheng

4. Xu and Shi

- Level of righteous and evil qi
- Prediction of prognosis
- Three yang zheng--- excess
- Three yin zheng--- deficiency

Shang Han: Passage and Transmutation of Disease

Passage and transmutation:

Passage:

- Following a certain order to pass on to the next channel
- From exterior to interior
 - Nose and mouth into lungs
- From excess to deficiency
- Tai Yang to Tai Yin

Transmutation:

- Under special conditions, passing on to another channel

Factors that determine passage and transmutation

Balance between the righteous qi and evil qi

Appropriate treatment

- Right timing
- Right approach

Natural progression of disease

To block the progression or reverse it

Patient's constitution

Genetics

Gui Zhi Tang



Gui Zhi Tang

- Gui Zhi + Bai Shao
- Regulate and harmonize Ying and Wei

- Gui Zhi + Gan Cao
- The pungent + the sweet generates Yang and Qi
- Bai Shao + Gan Cao
- The Sour + The Sweet produces Yin and Blood

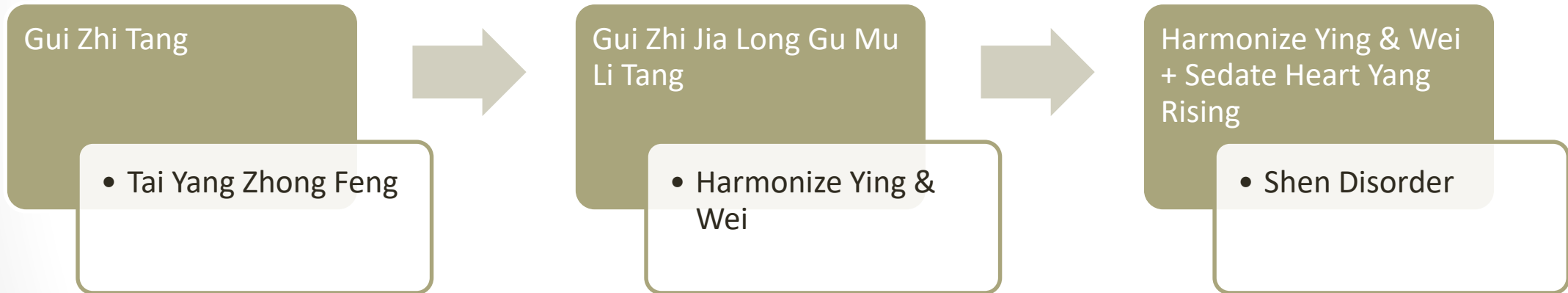
Gui Zhi Tang

- Regulate Ying and Wei
 - Ying Qi flows within the blood vessel
 - Wei Qi flows outside of blood vessel
- Ying Qi and Wei Qi's modern interpretation
- Sympathetic nerve vs. Parasympathetic nerve
- Vascular disorder including peripheral nerves

Gui Zhi Tang



Gui Zhi Tang



Gui Zhi Tang

- Gui Zhi Type
 - Pale and thin
 - Tend to have cold hands and feet
- Gui Zhi's function according to "Shen Nong Ben Cao Jing "
 - Herb of the heart
 - Warm and unblock blood vessel
 - Heart dominates the Shen
 - Heart dominates blood vessel

Ying and Wei disharmony

Structure	Sympathetic Stimulation	Parasympathetic Stimulation
Heart	Heart rate and force increased	Heart rate and force decreased
Iris (eye muscle)	Pupil dilation	Pupil constriction
Salivary glands	Saliva production reduced	Saliva production increased
Oral and nasal mucosa	Mucus production reduced	Mucus production increased
Lung	Bronchial muscle relaxed	Bronchial muscle contracted
Stomach	Peristalsis reduced	Gastric juice secreted; motility increased
Intestine	Motility reduced	Digestion increased (small intestine); secretions and motility increased (large intestine)
Kidney	Decreased urine secretion	Increased urine secretion

Ying and Wei disharmony

Sympathetic	Parasympathetic
Involved in the fight or flight response.	Involved in maintaining homeostasis and also, permits the rest and digest response.
The sympathetic system prepares the body for any potential danger.	The parasympathetic system aims to bring the body to a state of calm.
Sympathetic system has shorter neuron pathways, hence a faster response time.	Has comparatively longer neuron pathways, hence a slower response time.
Increases heartbeat, muscles tense up.	Reduces heartbeat, muscles relaxes.
The pupil dilates to let in more light.	The pupil contracts.
Saliva secretion is inhibited.	Saliva secretion increases, and digestion increases.
In “fight and flight” situations, Adrenaline is released by the adrenal glands; more glycogen is converted to glucose.	No such functions exist in “fight or flight” situations.

Gui Zhi Jia Long Gu Mu Li Tang



Gui Zhi Gan Cao Long Gu Mu Li Tang

- *Line 118.*
- *火逆下之, huǒ nì xià zhī*
- *Fire rebellion, purged,*
- *因烧针烦躁者, yīn shāo zhēn fán zào zhě*
- *Used fire needle and caused agitation with restlessness.*
- *桂枝甘草龙骨牡蛎汤主之。guì zhī gān cǎo lóng gǔ mǔ lì tāng zhǔ zhī*
- *Gui Zhi Gan Cao Long Gu Mu Li Tang governs.*
- *gui zhi 3*
- *gan cao (zhi) 6*
- *long gu 6*
- *mu li 6*

Gui Zhi Jia Long Gu Mu li Tang

- 失精家
- Man who tend to have nocturnal emission or loss of essence
- 少腹弦急,
- Lower abdomen tightness and tension
- 阴头寒，
- Cold sensation in tip of penis
- 目眩，
- Dizziness and vertigo
- 发落，
- Hair loss

Gui Zhi Jia Long Gu Mu li Tang

- 脉极虚芤迟
- Pulse: extremely deficient, empty, slow
- 为清谷亡血失精，
- Loose stool or diarrhea, loss of blood, loss of essence
- 女子梦交，
- Female: erotic dreams
- 桂枝加龙骨牡蛎汤主之
- Gui Zhi Jia Long Gu Mu li Tang governs

- 调和阴阳、潜阳固涩
- Regulate and harmonize Yin and Yang (Heart Yin and Yang)
- Subdue Yang (Heart Yang Rising) and Bind the leakage

Gui Zhi Jia Long Gu Mu Li Tang

- “Crying baby formula”
- ADD, ADHD,
- Stage fright
- Epileptic disorder,
- Autism spectrum disorder(involuntary Ticks)
- Heart palpitation
- Scanxiety, Anxiety, panic attacks
- Sweating disorder
- Insomnia
- Dizziness
- ED

Gui Zhi Fu Ling Wan



桂枝



茯苓



牡丹皮



芍药



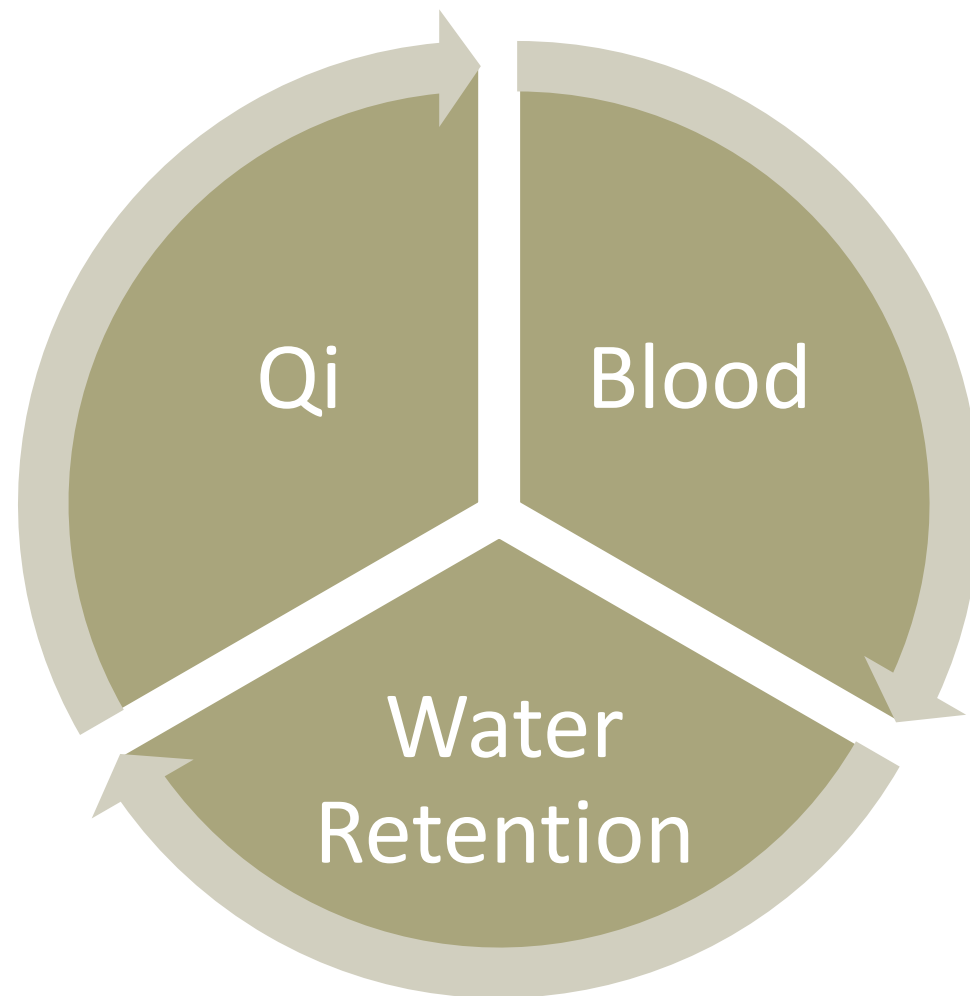
桃仁

大寒

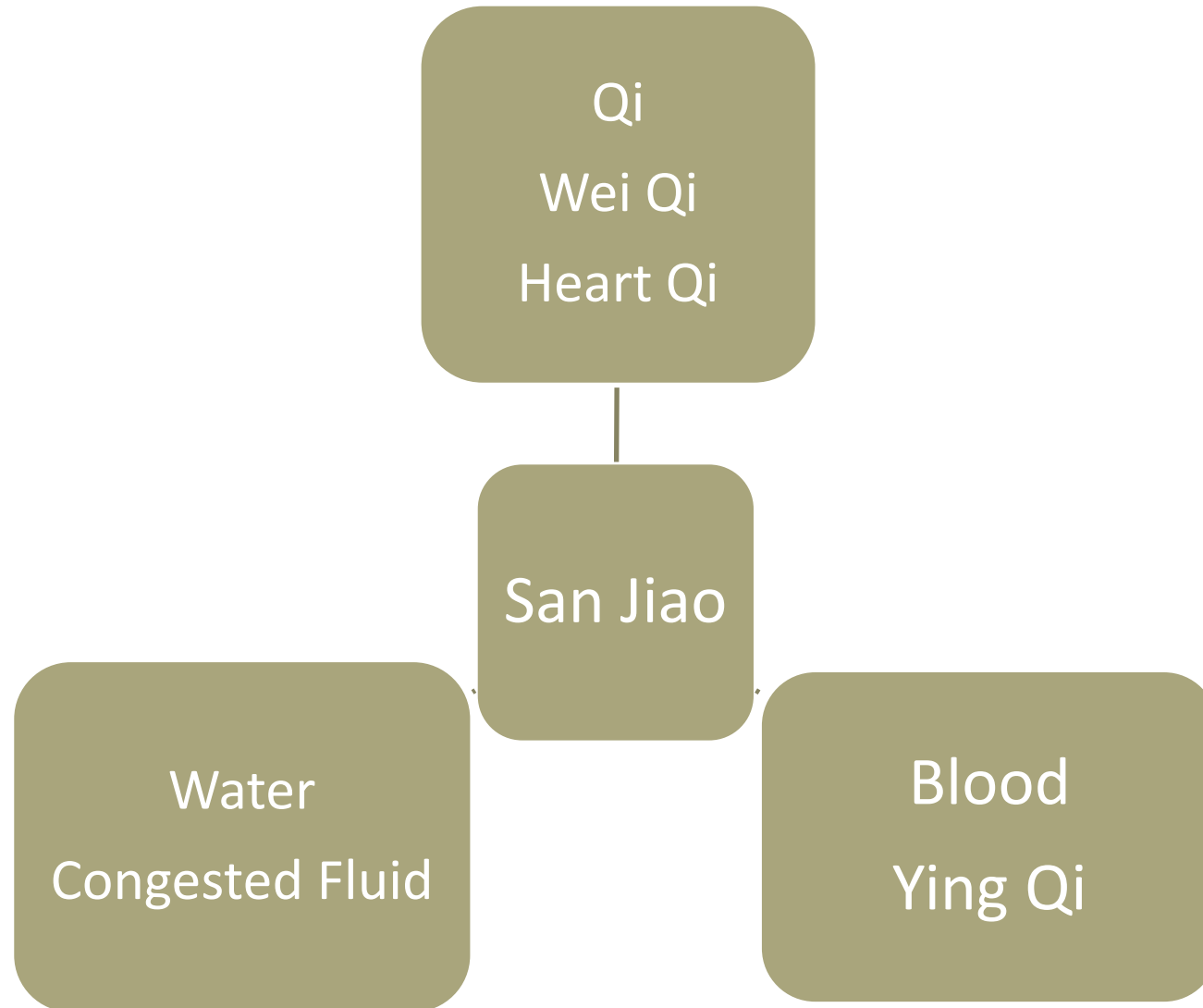
Gui Zhi Fu Ling Wan

- Gui Zhi
 - Bai Shao
 - Tao Ren
 - Mu Dan Pi
 - Fu Ling
-
- Gui Zhi “Shen Nong Ben Cao Jing”
 - Treat Qi rebellion, cough, Qi stagnation, voice box blockage, unblock joints
 - Regulate Qi, Blood, and water

Gui Zhi Fu Ling Wan



Gui Zhi Fu Ling Wan



Gui Zhi Fu ling Wan

Gui Zhi + Bai Shao

- Harmonize Ying and Wei
- Tao Ren + Mu Dan Pi
 - Blood stagnation
- Gui Zhi + Fu Ling
 - Water retention

- Shao Yang Bing
- San Jiao System
- Qi, Blood, and water pathways

- Ying Qi flows within the blood vessel
- Wei Qi flows outside along with the blood vessel
- Vascular integrity issue

Gui Zhi Fu Ling Wan

- Threatening miscarriage
- Uterine fibroids
- Ovarian cysts
- Thyroid cysts
- Bladder lumps
- Tennis elbow, golf shoulder,
- Post-op care
- Nodules in lung

Gui Zhi Fu Ling Wan | Combo

- Gui Zhi Fu Ling Wan + Liu Wei Di Huang Wan
 - CKF
- Gui Zhi Fu Ling Wan + Da Chai Hu Tang
- Gui Zhi Fu Ling Wan + Wen Dan Tang
 - Breast cancer post treatment
- Gui Zhi Fu ling Wan + Wu Ling San
 - Post-op care
- Gui Zhi Fu Ling Wan + Xiao Chai Hu Tang
 - Thyroid eye disease

Dang Gui Shao Yao San



Dang Gui Shao Yao San

- Miscarriages and dysmenorrhea
 - “金匱要略”“妇人怀妊，腹中痛，当归芍药散主之。”
 - Woman who is pregnant with abdominal pain, use Dang Gui Shao Yao San
- “妇人杂病脉证并治”“妇人腹中诸疾痛，当归芍药散主之。”
- Woman with abdominal pain due to all possible causes, use Dang Gui Shao Yao San.

Dang Gui Shao Yao San

- Bai Shao + Dang Gui + Chuan Xiong
- Liver
- Regulate liver, harmonize blood, astringe liver, harmonize Ying, relieve pain

- Bai Zhu + Fu Ling + Ze Xie
- Spleen
- Bai Zhu + Fu Ling Spleen T and T function

- Ze Xie drains turbidity of the kidney
- Abdominal pain caused by
- Liver and Spleen disharmony
- Qi and Blood disorder
- Blood stagnation with water retention

Liver and Spleen relationship

- Liver
- Dominates dispersing and draining
- Stores blood

- Spleen
- Spleen controls blood(blood vessel)
- Ascending and descending of Spleen and Stomach

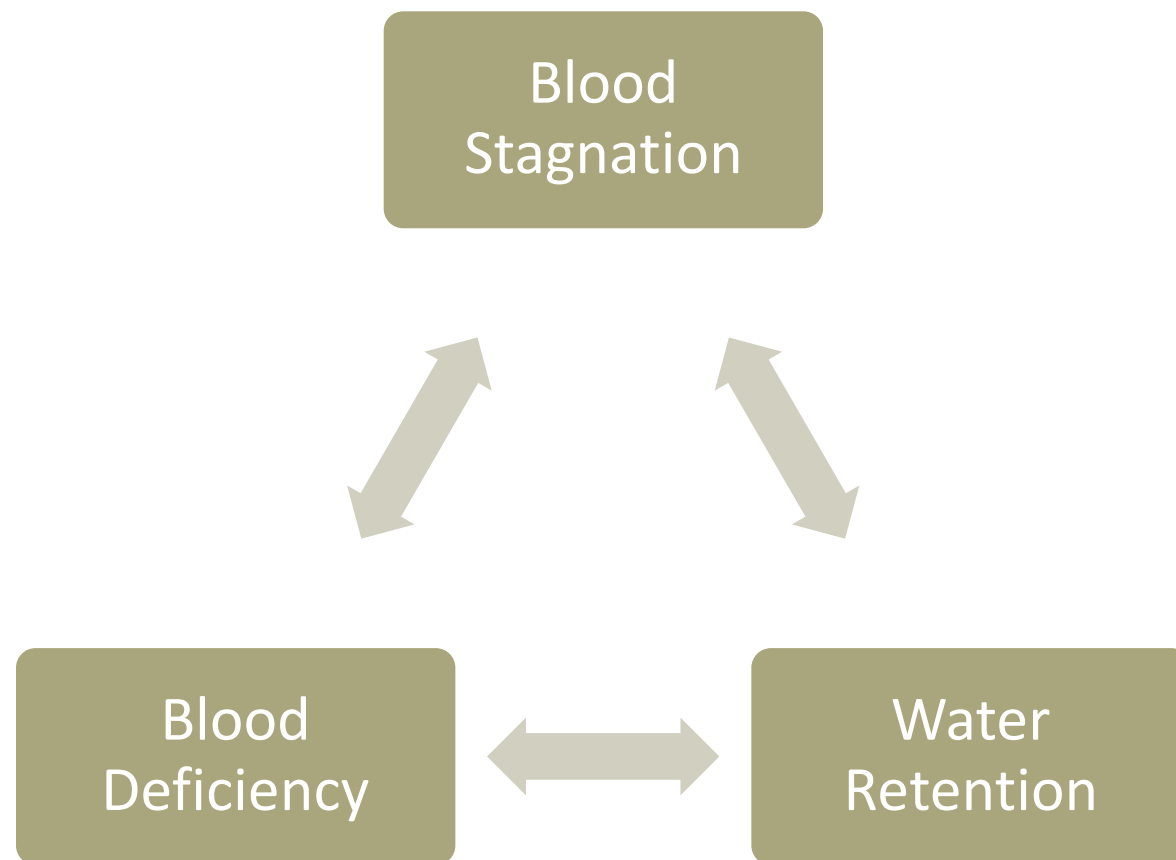
- Liver overacting on Stomach
- Liver overacting on Spleen
- Liver overacting on Middle Jiao

- Liver disease affects Spleen
- Spleen disease affects Liver

Dang Gui Shao Yao San



Dang Gui Shao Yao San



Dang Gui Shao Yao San

- Dang Gui Bai Shao Chuan Xiong
- Bai Zhu Fu Ling Ze Xie

- Blood stagnation + Water retention---Blood deficiency
- Liver and Spleen disharmony

Dang Gui Shao Yao San | Combo

- Dang Gui Shao Yao San + Gui Zhi Fu ling Wan
 - Ovarian cysts (Chocolate cysts) caused by endometriosis
 - PCOS
- Side effects of long-term use of steroids
 - Lupus case
- Dang Gui Shao Yao San + Du Huo Ji Sheng Tang
- Breast Cancer spread to the bone

Dang Gui Shao Yao San

- Dang Gui Shao Yao San + Chai Hu Jia Long Gu Mu Li Tang
- Bleeding caused by UC

- Dang Gui Shao Yao San + Zhen Wu tang + Chai Hu Gui Zhi Tang
- Accidies caused by sarcoma

Wen Jing Tang



Integrative medicine diagnosis

Integrative medicine way of thinking in pattern ID

- Based on changes of tissue and organ (shape, size, texture, density)
 - uterus fibroid
 - Ovarian cysts
 - Blocked tubes
- Based on functional changes of tissue and organ
 - Hyperactivity vs. Hypoactivity
 - Decreased tubes movement
 - Excessive uterine bleeding

TCM and CM in Infertility

TCM perspectives

- Kidney Deficiency
- Liver Depression
- Blood Stagnation
- Cold and Phlegm accumulation

CM perspective

- Cervical
- Ovarian
- Uterine
- Tubal
- Peritoneal

Wen Jing Tang (温经汤) | Warm the menses decoction

- "Jin Gui Yao Lue" (Golden Cabinet)
- Warm the menses decoction
- Mixed combined pattern of Cold and heat, deficiency and excess

- Cold and blood stagnation predominant
- Warming, tonifying, and unblocking approach
- Amenorrhea and female infertility

Blood Stasis Syndrome (BSS) 血瘀证

- Mostly studied pattern in integrative medicine
- Common pattern in many disease including infertility
- Invigorate blood and remove stasis (活血化瘀) is one of the most important approaches

- Blood stagnation
- TCM definition and causes
- Trauma, injury
- Masses, tumor,
- Pain, fixed, sharp
- Bleeding with clots
- Wiry and choppy pulse
- Cold, Heat, deficiency, and excess all can lead to Blood Stagnation

Blood Stasis Syndrome (BSS 血瘀证)

Integrative Medicine definition:

Based on TCM criteria, plus any of the following

- Clotting disorder
- Hypercoagulable states
- Vascular stasis
- Thrombophlebitis
- Irregular flow
- Endothelial damage
- Deep Venous thrombosis (DVT)

Cold and Blood Stasis (寒瘀证)

- Cold accumulation
- Tissue or organ Congestion
- Channel blockage
- Chronic inflammation of pelvic region

- Cold and blood stagnation
- Ovarian cysts
- Low level of progesterone and testosterone
- Poor circulation of pelvic region

TCM pathology of Wen Jing Tang

1. Emotional distress leads to qi disorder, which leads to blood disorder
2. Evil cold and heat leads to blood disorder, also leads to damp-heat.
3. Trauma and injuries of Chong and Ren Mai
4. Kidney Essence, Yin and blood deficiency

Wen Jing Tang

- Ingredients:

- Wu Zhu Yu Mai Men Dong
- Mu Dan Pi Ren Shen
- Gan Cao Sheng Jiang
- Zhi Ban Xia Gui Zhi
- Dang Gui Chuan Xiong
- Shao Yao E Jiao

- Functions:

- Warms the menses; Dispels cold
- Nourishes blood; Dispels blood stasis

Wen Jing Tang

Wu Zhu Yu Tang
Cold

Gui Zhi Fu Ling Wan
Blood Stagnation

Wen Jing Tang

Si Wu Tang
Blood deficiency

Mai Men Dong Tang
Yin deficiency and heat

Wen Jing Tang

- Si Wu Tang + E Jiao
 - Heart, liver, and Kidney
- Gui Zhi Fu Ling Wan
 - Blood stagnation in the channel
 - Blood stagnation in womb + heat accumulation
 - Damp and phlegm accumulation in the channel

Wen Jing Tang

- Wu Zhu Yu Tang
 - Cold accumulation blocking the liver channel
 - Cold in Yang Ming --- Stomach
 - Cold in Shao Yin--- Kidney
 - Cold in Jue Yin--- Liver
- Mai Men Dong Tang
 - Lung and Stomach Yin deficiency
 - Lung dryness + Stomach Dryness
- Righteous Qi deficiency

Wen Jing Tang

- Wen Jing Tang covers:
- Heart, Liver, Stomach, Lung, and Kidney
- Cold--- Blood, Stomach, Kidney, Liver
- Heat--- Blood, Yin Deficiency
- Deficiency --- Kidney, Heart, Liver, Lung, Chong and Ren Mai
- Excess--- Cold accumulation, Blood stagnation

Wen Jing Tang

- Indications:
- Deficiency & cold of the Chong and Ren Mai with obstruction due to blood stasis
- Mild, persistent uterine bleeding,
- Disorders of menstruation: short or long cycles, bleeding between periods
- Pain, distention, cold in lower abdomen
- amenorrhea
- Infertility

- Cautions:
 - Contraindicated in cases with abdominal masses due to blood stasis from excess heat

Infertility Implications

- In the treatment of female infertility in patients with **luteal phase defects**, Wen Jing Tang reduced LH, increased progesterone mid phase, and significantly helped dominant follicle and endometrium growth. An impressive 79.6% correction to luteal phase deficits were seen in patients, together with 49.5% wanted pregnancies.

(Unkei-to for correcting luteal phase defects. J Reprod Med (2003) Vol 48 (9): 729-34.)

- A study conducted in 1995 reported a 62.2% successful **ovulation rate** in first and second grade amenorrhea in 75 patients who took Wen Jing Tang. It has been shown to be effective for menstrual disorders, and infertility due to its ability to regulate (by stimulation or suppression) the pituitary-ovarian endocrine axis in humans thereby aiding ovulatory disorders.

American Journal of Chinese Medicine (1995) Vol 23 (3-4): 223-30.)

Other clinical implications

- Wen Jing Tang + Ge Gen Tang
 - Premature ovary failure
- Wen Jing Tang + Fang Ji Di Huang Tang
 - Chronic Eczema
 - Chronic Psoriasis
 - Skin itching in elderly
- Wen Jing Tang
 - Chronic herniated disc
 - Post-op of back and neck surgery

Case Study

- 35 years old
- History of PCOS for 7 years
- Amenorrhea for two years
- Cold sensation of lower back, cold hands and feet
- Migraine headaches, depression
- Purple tongue
- Deep, wiry, and choppy pulse
- Cold and blood stagnation
- Wen Jing Tang 6g, two times a day

Integrated Chinese and conventional Medicine Research

Kidney Tonics

- Kidney tonics have an overall regulation of hypothalamic-pituitary-ovarian gonadal axis function;
- improves the response of pituitary to LHRH;
- increases the weight of pituitary, ovary and uterus;

Integrated Chinese and conventional Medicine Research

Blood movers:

- Increases the content of prostaglandin (PGF₂α) in rat ovarian-uterine venous blood;
- Induces mature follicle ovulation;
- Improves circulation and microcirculation;
- Increases blood flow and increase ovulation rate;
- Improves the function of hormone receptors in different parts of the reproductive axis (mainly clinical observation).
- Improves immune regulation mechanisms.

Integrated Chinese and conventional Medicine Research

Blood mover and phlegm dissolving herbs:

- Relieve microcirculatory disorders to different degrees
- Improve microcirculation function
- Change blood rheological properties, thereby promoting absorption and regression of inflammation and necrotic tissue
- Alleviate tissue proliferation and dissolve tissue adhesion
- Improve the fibrosis of the oviduct lumen,
- Promote the regeneration and repair of the intima of the lesion, and facilitate the smooth flow and functional recovery of the fallopian tube.

Integrated Chinese and conventional Medicine Research

Cooling and phlegm dissolving herbs:

- In the inflammatory phase, detox and phlegm dissolving can:
- reduce capillary permeability
- reduce exudation and edema
- enhance mononuclear-macrophage system activity
- inhibit fibroblast proliferation and collagen synthesis
- promote collagen breakdown to be absorbed to prevent adhesion formation.